

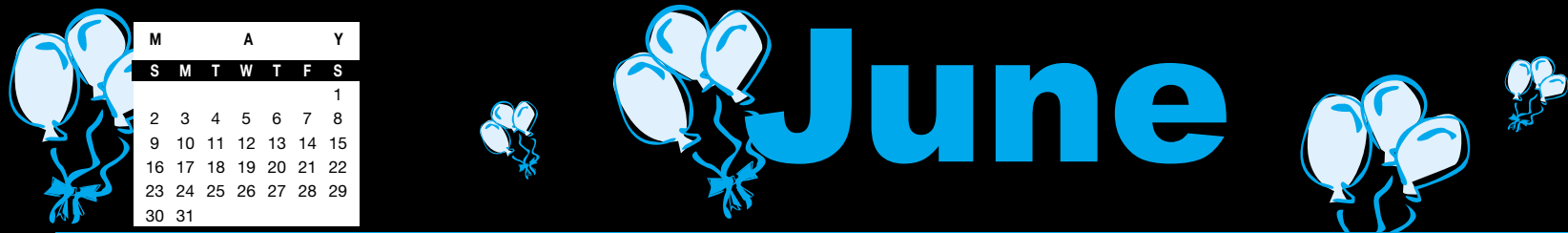
James Ellerth, 12
Round Valley Middle School
Lebanon, NJ

I know somebody cares about me
When they fix me something
special



FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html



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Use the "Notes" space to write something special your child did this month.

- 1

Hug your children every day. Take care of your adult relationships.
- 2

Make time for activities with your friends.
- 3

Try not to sign your children up for more summer activities than they or your schedule can comfortably handle.
- 4

Encouragement, not criticism, helps children try harder to do their best.
- 5

Keep in touch with other parents so you'll know your children's activities are always well supervised.
- 6

This evening, play cards or a board game together.
- 7

Swimming season is here. Be sure your child is never alone around water.
- 8

Relax. Parents sometimes need time out, too.
- 9

Communication tip: Look directly at your children and maintain eye contact so instructions come through loud and clear.
- 10

Plan a weekend outing together. Give the kids a chance to express their interests and make decisions about what you'll see and do.
- 11

Try not to make promises to your children that you may not be able to keep.
- 12

Share what you're learning with your children. You'll teach them learning is a lifelong process.
- 13

More than 50 percent of 8th grade students have tried alcohol. Start early to make your kids aware of the risks of drinking.
- 14

Be careful what you say when you're angry. You may say something you don't mean and hurt your kids.
- 15

Get to know your teen's friends and be aware of where they are and what they're doing.
- 16

Schedule group play for little ones so they'll learn about sharing, cooperating and making friends.
- 17

At graduation, tell your kids how proud you are.
- 18

Encourage good communication in your family by reminding everyone not to interrupt when others are speaking.
- 19

Summer's here! Give school-aged children a journal to record whatever they want each day. It's fun and helps keep writing skills sharp.
- 20

Father's Day
Enlist the kids to plan something special for Dad or Grandpa.
- 21

Celebrate the arrival of summer. Have a barbecue in your backyard or at a local park.
- 22

Remember your kids can't read your mind. Give clear instructions about the behavior you expect.
- 23

Reading road signs together is a good way to introduce your preschooler to numbers and letters.
- 24

Although it's a challenge, try to discipline your kids without yelling at them.
- 25

Review bicycle safety rules with your kids and make sure they always wear their helmets.
- 26

Small changes can help reduce stress — a leisurely breakfast together can get the weekend off to a great start.
- 27

Share the simple joys of summer with your kids. Teach your children to swim.
- 28

Looking for parenting tips and ideas? Call 1-800-THE KIDS for free materials.
- 29

Children know you care when you spend time with them and let them know you enjoy being with them.
- 30

Good communication is simply about talking and sharing your feelings. Practice it in your family.

Notes _____
